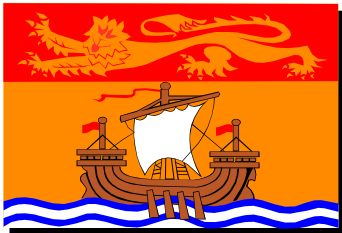


March Senior Center Gazette 2004



INTERNATIONAL FOOD FESTIVAL

Wednesday, March 3, Noon
 \$5 Senior Center Members
 \$6 non-member seniors
 \$7 "youngsters" under 55

Join us for the Annual Senior Center International Food Festival with delightful dishes from many different countries. Specialties from Greece, Mexico, Italy, Pakistan, India, and many other countries to tempt your taste buds. Purchase your tickets early. Call the Senior Center Office at 790-6600 for information or if you would like to sign up to donate food from your favorite country.

March Birthday Party Fri., March 12, 1:30 pm

As requested by many, a return engagement by the wonderful Edna Gamba and The Fremontaires. Drawing prizes for people who have a March birthday. Cake and ice cream.



St. Patrick's Day Celebration

Weds., March 17, Noon
 Irish Music & Singing
 Lunch - \$5 members
 \$6 - non-member seniors
 \$7 - "youngsters" under 55
 Corned Beef & Cabbage
 Non-Alcoholic Beer
 Wear your Green!

COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit BART, road conditions and trip planning.

SERVICES for SENIORS:

AARP INCOME TAX HELP

Appointments are available for assistance with your Income Taxes until April 15. Sign up early for help on:
 Tues. at 10, 11 & 12,
 Thurs. at 9, 10, 11, & 12
 Fri. at 1, 2, & 3 pm

NEED HELP WITH TRANSPORTATION?

Tuesday, March 9, 1:00 p.m.

Shawn Fong and Monica Gloria Fremont Paratransit Program will present information about Tri-City transportation resources and answer questions about how various services work. On-site registration for Fremont Paratransit will be available.

Note: Paratransit staff members are available on each **Tuesday morning** at **11:00 a.m.** in the Senior Center Dining Room to provide information and registration for seniors.

ECHO HOUSING - REVERSE MORTGAGE COUNSELING

Cherisse Adams is available on the **first Thursday** of each month at **11:30 a.m.** in the Senior Center dining room.



MAY 20, 2004 6:00 -10:00 P.M.
FREMONT MARRIOTT

Don't miss the Aging & Family Services Fundraiser, "Meet Me on Broadway" to help support programs for seniors and the Senior Center. Dinner, musical entertainment, silent auction, and a raffle. Invitations are \$100 per person at the Senior Center Office. We are seeking Silent Auction Items - call Janice Anderman 790-6602 if you would like to make a contribution

HOW TO PREVENT FALLS Tuesday, March 30, 1 pm.

Tina Scott, Alameda County Public Health Emergency Medical Services Injury Prevention Program

Note: Trip Meeting on **Tues. March 23, 1:00** instead of **Weds., March 24**
Great Smoky Mountains



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.